MOVEMENT
by David

BEGINNER - INTERMEDIATE

4 WEEKS TO TOTAL POSTURE & SPINAL MOBILITY

David Thurin

TABLE OF CONTENTS

ABOUT ME 3

WHAT'S IN IT FOR YOU? 4

WARM UP 5

MOBILITY PROGRAM 6

COMMENTS FROM DAVID 10

FAQS 11

DISCLAIMER 13

ABOUT ME

Let me introduce myself; I'm David Thurin, your new flexibility coach. I'm based near Los Angeles, California, and I didn't start practicing flexibility till I was in my 20s!

I am a comprehensively certified Pilates instructor. I taught for years where I loved 1 on 1 coaching, but instead of Pilates, I now focus on flexibility. The rest is history.

I have over 2 million followers across all major social media platforms, allowing me to spread the word on health and wellness to help individuals like yourself live fuller lives.

My mission is simple. I want to change the fitness industry for the better. I want to inspire people to get up and be active with every post and piece of content I put into the world. I believe people should move and be active not because it's expected of them but because it makes them feel good.

Discovering the world of mobility and flexibility changed my life. It allowed me to feel confident within my environment and has given me control over my own body.

I hope to continue educating and entertaining people worldwide through science and evidence-based content so you, too, can live the Flexy lifestyle.

-David

WHAT'S IN IT FOR YOU?

If this is your first e-book from me, welcome! I'm glad you're here. These effective routines will take a shockingly little amount of time to complete. The cool thing is you don't need much time to build mobility! You just need to know what to do.

By the end of this program, you will gain the following:

- Improved Posture
- Greater Spinal Mobility
- Stronger Postural Muscles
- Increased Flexibility
- Reduced risk of injury or pain

Over these next 4 weeks, you should see a significant increase in strength and flexibility of your postural muscles. My favorite part about improving your posture is how applicable it is in everyday life. Even something as simple as bending over to pick up an item can feel very different.

Better posture isn't just about aesthetics; having a strong and more mobile body can lead to less muscle pain and a more balanced physique. Not to mention, proper posture aids in reducing stress on your tendons, ligaments, and muscles. I can't wait for you to get started!

Stay Flexy!

WARM UP

It's important for your body to be warmed up (literally warm) before stretching. This helps your muscles get ready to stretch by increasing circulation and minimizing the chance of injury or strain.

Stretching after a workout is great because your muscles are already warmed up. But if you're stretching at a different time or feeling a little stiff, do a few of the following to warm up:

Dynamic movements, 2 sets of 10-15 reps

- Arm circles
- Push ups (can do it against a wall or on your knees)
- 5 minutes of moderate cardio (brisk walk)
- Jogging in place
- Body weight squats

SCHEDULE 1: WEEK 1

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Arm Circles	1	10	N/A	Dynamic Active	Large slow circles. Reach, find your end ranges.
Standing Side Reach	1	10	N/A	Dynamic Active	Place one arm on your thigh, reach overhead and to the side with the opposite arm.
Cat-Cow Stretch	1	10	N/A	Dynamic Active	Take deep breaths while moving between stretches slowly, don't overarch your back.
Wall Angels	1	10	N/A	Dynamic Active	Keep elbows and forearms on wall behind you. Try to keep butt on wall, or work up to it.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Shoulder Rolls	1	10	N/A	Dynamic Active	Slowly rotate your shoulders forward, making big circles.
Pilates Ab Curl	1	10	N/A	Ab Exercise	Knees bent, arms by side and reach towards feet. Curl up slowly. keep lower back on the ground.
Pilates Basic Back Extension	1	10	N/A	Back Exercise	Lay face down, arms at your side, lift your chest off the ground with neutral neck.
Wall Angels	1	10	N/A	Dynamic Active	Keep elbows and forearms on wall behind you. Try to keep butt on wall, or work up to it.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Standing Toe Touches	1	N.A	30 seconds	Static Passive	Bend at the waist, keeping your legs straight, until you can relax and let your upper body hang down in front of you.
Kneeling Hip Flexor Stretch	1	N/A	30 seconds	Static Passive	Place one foot forward, keeping torso upright, and slowly lean forward.
Cat Stretch	2	N/A	30 seconds	Static Passive	Inhale and look forward, find a slight engagement of your belly.
Cow Stretch	2	N/A	30 seconds	Static Passive	As you inhale, raise your chin and tilt your head back, push your stomach towards the ground

SCHEDULE 1: WEEK 2

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Arm Circles	1	15	N/A	Dynamic Active	Large slow circles. Reach, find your end ranges.
Standing Side Reach	1	15	N/A	Dynamic Active	Place one arm on your thigh, reach overhead and to the side with the opposite arm.
Cat-Cow	1	15	N/A	Dynamic Active	Take deep breaths while moving between stretches slowly, don't overarch your back.
Wall Angels	1	15	N/A	Dynamic Active	Keep elbows and forearms on wall behind you. Try to keep butt on wall, or work up to it.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Standing Side Reach	1	15	N/A	Dynamic Active	Place one arm on your thigh, reach overhead and to the side with the opposite arm.
Balancing Table Pose	2	N/A	30 seconds per side	Back Exercise	Inhale the right leg up parallel to the floor, slowly inhale the left arm up parallel to the floor
Planks	1	N/A	30 seconds	Ab Exercise	Engage core during the entire movement to prevent your back from injury.
Wall Angels	1	15	N/A	Dynamic Active	Keep elbows and forearms on wall behind you. Try to keep butt on wall, or work up to it.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Standing Toe Touch	1	N/A	30 seconds	Static Passive	Bend at the waist, keeping your legs straight, until you can relax and let your upper body hang down in front of you.
Kneeling Hip Flexor Stretch	1	N/A	30 seconds	Static Passive	Place one foot forward, keeping torso upright, and slowly lean forward.
Box Shoulder Stretch	1	N/A	30 seconds	Static Passive	Place hands on a chair or a counter and sink the chest as deep down as possible.
Pike Stretch	1	N/A	30 seconds	Static Passive	Try not to round your back, feel it in your hamstrings.

SCHEDULE 1: WEEK 3

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Door Frame Chest Stretch	1	N/A	30 seconds	Static Passive	Place your hands and elbows on opposing sides of a door frame. Step through to stretch the chest.
Figure Four Stretch	1	N/A	30 seconds	Static Passive	Cross right ankle over left knee. Using your arms, pull your left knee toward your chest
Cat-Cow	1	20	N/A	Dynamic Active	Take deep breaths while moving between stretches slowly, don't overarch your back.
Wall Angels	1	20	N/A	Dynamic Active	Keep elbows and forearms on wall behind you. Try to keep butt on wall, or work up to it.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Box Lat Stretch	1	N/A	30 seconds	Static Active	Place hands on a chair or a counter and sink the chest as deep down as possible.
Superman Hold	2	N/A	30 seconds	Back Exercise	Lift both arms and legs toward the ceiling. Reach away from your body with hands and feet
Hollow Hold	2	N/A	30 seconds	Ab Exercise	Lift arms, head, shoulders, and legs off the floor at the same time.
Wall Angels	1	20	N/A	Dynamic Active	Keep elbows and forearms on wall behind you. Try to keep butt on wall, or work up to it.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Single Leg RDL	1	10	N/A	Dynamic Active	Keep your back naturally arched, bend at your hips, lower your torso to parallel
Runner's Lunge	1	N/A	30 seconds	Static Active	Step your right foot forward, Relax through your hips and back, letting them sink toward the ground
Cat Stretch	2	N/A	30 seconds	Static Passive	Inhale and look forward, find a slight engagement of your belly.
Cow Stretch	2	N/A	30 seconds	Static Passive	As you inhale, raise your chin and tilt your head back, push your stomach towards the ground

SCHEDULE 1: WEEK 4

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Standing Side Reach	1	20	N/A	Dynamic Active	Place one arm on your thigh, reach overhead and to the side with the opposite arm.
Shoulder Rolls	1	20	N/A	Dynamic Active	Slowly rotate your shoulders forward, making big circles.
Cat-Cow	1	20	N/A	Dynamic Active	Take deep breaths while moving between stretches slowly, don't overarch your back.
Wall Angels	1	20	N/A	Dynamic Active	Keep elbows and forearms on wall behind you. Try to keep butt on wall, or work up to it.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Door Frame Chest Stretch	1	N/A	30 seconds	Static Active	Place your hands and elbows on opposing sides of a door frame. Step through to stretch the chest.
Hollow Hold	2	N/A	30 seconds	Ab Exercise	Lift arms, head, shoulders, and legs off the floor at the same time.
Superman Hold	2	N/A	30 seconds	Back Exercise	Lift both arms and legs toward the ceiling. Reach away from your body with hands and feet
Wall Angels	1	20	N/A	Dynamic Active	Keep elbows and forearms on wall behind you. Try to keep butt on wall, or work up to it.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Single Leg RDL	1	15	N/A	Dynamic Active	Keep your back naturally arched, bend at your hips, lower your torso to parallel
Runners Lunge	1	N/A	30 seconds	Static Active	Step your right foot forward, Relax through your hips and back, letting them sink toward the ground
Box Shoulder Stretch	2	N/A	30 seconds	Static Passive	Place hands on a chair or a counter and sink the chest as deep down as possible.
Pike Stretch	2	N/A	30 seconds	Static Passive	Try not to round your back, feel it in your hamstrings.

COMMENTS FROM DAVID

Congratulations - you're at the end of the guide! You should be feeling great! Proper posture and spinal mobility is important because it increases your range of motion, reduces tension, and reduces the risk of injury. We use our postural muscles for just about every task from writing a note to driving a car. Flexibility and mobility are necessary to keep our bodies healthy.

However, the most important thing is doing something positive for yourself.

Thank you for taking the time to complete this guide and for trusting me to be your flexibility expert! The support you have shown me means the world.

Stay Flexy!

FAQs

1. **What does static, dynamic, active and passive stretching mean?**

   Static and Dynamic refers to whether or not there is movement in the stretch. Dynamic means movement and Static means there is no movement. Passive and Active refers to whether or not the muscle being stretched is flexed or not! Passive means you relax the muscle as much as possible. And Active means you flex it as much as you can do safely!

2. **Should the movements feel uncomfortable?**

   These movement will sometimes feel uncomfortable especially if you have limited mobility, but it should never be painful. It's good to push yourself but you never want to feel pain.

3. **Is the warm up necessary?**

   It’s not the end of the world if you do not warm up. BUT having a warm up first will give you the LOWEST possible chance of injury and increase the effectiveness of each session.

4. **Should I stretch if I'm sore?**

   Yes! The soreness will not affect the session. For some, stretching even helps with delayed onset muscle soreness. Be sure to warm up properly and not push yourself too hard if you are feeling very sore.

5. **Can I do this before a workout?**

   Preferably not - because this stretching routine is a bit comprehensive it is meant to be performed on its own or after a workout. Overstretching before a workout can decrease the effectiveness of the workout!

FAQs

6. What if I miss a day?

That's totally okay! I did not assign specific days for this reason. As long as you fit in the 3 days of stretching into a week, theres no problem with what days you choose. The most important component is consistency. Even if you do miss a entire day out of the week, just keep going into the next!

7. Do I stop the program after the 4 weeks?

Definitely not! Your first flexibility gains are mostly neural. That means your brain is finding out that it’s safe to explore those deep ranges of motion. So you can lose those gains as fast as your made them! It take a while before they start to stick.

If you have any questions feel free to send them my way: **David@stayflexy.co**

Click here!

DISCLAIMER

David Thurin is not a doctor or registered dietitian. The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health. Use of the information in this program is strictly at your own risk. David Thurin and/or MBD will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness or death.

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